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CLAIMS

What is claimed is:

- 1. A sheet, comprising:
- (a) a nonwoven fabric of short high tensile modulus fibers; and
 - (b) a thermoplastic polymer having a low
 moisture absorption;

said sheet having an apparent density which is at least about 75% of its calculated density.

- 10 2. The sheet as recited in claim 1 wherein said apparent density is at least about 90% of its calculated density.
 - 3. The sheet as recited in claim 2 wherein at least some of said high tensile modulus fiber is coated or encapsulated by said thermoplastic polymer.
 - 4. The sheet as recited in claim 3 wherein said thermoplastic polymer is selected from the group consisting of perfluoropolymers and liquid crystalline polymers.
 - 5. The sheet are recited in claim 4 wherein said thermoplastic polymer is a liquid crystalline polymer.
 - 6. The sheet as recited in claim 5 wherein said high tensile modulus fibers are an aramid.
- 7. The sheet as recited in claim 6 wherein said organic fibers are an aramid.
 - 8. The sheet as recited in claim 4 wherein said high tensile modulus fibers are an aramid.
 - 9. The sheet as recited in claim 2 wherein said high tensile modulus fibers are an aramid.
- 10. The sheet as recited in claim 1 wherein a tensile modulus of said sheet and a thermal coefficient of expansion of said sheet, in a machine direction of said sheet is within about 20% of a tensile modulus of said sheet and a thermal coefficient of expansion of said

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sheet, respectively, in a transverse direction of said sheet.

- 11. The sheet as recited in claim 1 wherein said thermoplastic polymer absorbs no more than about 0.25 weight percent of moisture.
 - 12. A laminate comprising:

the sheet of claim 1 and

at least one metal layer contacting one surface of said sheets.

- 13. A circuit board comprising the sheet of claim 1.
- 14. A process for the production of a solid first sheet material, comprising the steps of

heating and applying pressure to:

(a) a multilayer sheet structure, comprising, at least one layer containing a nonwoven fabric of short high tensile modulus fibers, and at least one other layer that comprises a thermoplastic polymer having a low moisture absorption;

to form a first sheet having an apparent density of at least about 75% of its calculated density.

15. The process as recited in claim 13 wherein said apparent density is at least about 90% of said calculated density.